

# November

## BREAKFAST MENU

Grades K-12



### ENTREES

### SIDES

**Monday | 8**

- Assorted Cereal & Whole Grain Graham Crackers
- Assorted Muffins
- Fresh Apple Slices
- Nonfat or 1% White Milk

**Tuesday | 9**

- Cheese Omelet & Biscuit
- Assorted Muffins
- All-Mixed-Up Fruit Cup
- 100% Apple Juice
- Nonfat or 1% White Milk

**Wednesday | 10**

- Pumpkin Bread
- Assorted Muffins
- Mandarin Oranges
- Nonfat or 1% White Milk

**Thursday | 11**

**NO SCHOOL**

**Friday | 12**

- Fruit & Yogurt Parfait
- Assorted Muffins
- Diced Peaches
- Nonfat or 1% White Milk



= Vegetarian



= Vegan



= Locally Sourced

**Student's choice of skim or 1% hormone-free milk provided at every meal**

### Food Celebrations

Welcome Back! Here are some exciting ways to stay engaged with your food this school year.

**Super Bites** 11/10

**Fall Harvest/Holiday**

**Meal** 11/23

**International food day**

11/9

Chickpea and Potato Curry

### Open Meal Sites

Ballou High School

Columbia Heights Education Campus

**This menu is subject to change based upon availability**

\*Assorted Cereals – Cheerios, Rice Chex, Cinnamon Chex, Golden Graham, Raisin Bran

\*Assorted Muffins – Apple, Blueberry

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## BREAKFAST MENU

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### ENTREES

### SIDES

## Monday | 15

- Assorted Cereal & Whole Grain Graham Crackers
- Assorted Muffins
- Fresh Orange
- 100% Orange Juice
- Nonfat or 1% White Milk

## Tuesday | 16

- Whole Grain Bagel w/ Cream Cheese
- Assorted Muffins
- Chilled Pineapples Tidbits
- Nonfat or 1% White Milk

## Wednesday | 17

- Turkey Sausage Biscuit Sandwich
- Assorted Muffins
-  Fresh Apple
- Nonfat or 1% White Milk

## Thursday | 18

- Zucchini Bread
- Assorted Muffins
- All-Mixed-Up Fruit Cup
- Nonfat or 1% White Milk

## Friday | 19

- Cheesy Grits/Hard Boiled Egg/Whole Grain Biscuit
- Assorted Muffins
- Applesauce
- Nonfat or 1% White Milk



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## BREAKFAST MENU

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### SIDES

**Monday | 22**

- Assorted Cereal & Whole Grain Graham Crackers
- Assorted Muffins



- Fresh Apple Slices
- Nonfat or 1% White Milk

**Tuesday | 23**

- Cheese Omelet & Biscuit
- Assorted Muffin

- All-Mixed-Up Fruit Cup
- 100% Apple Juice
- Nonfat or 1% White Milk

**Wednesday | 24 NO SCHOOL**

**Thursday | 25 NO SCHOOL**

**Friday | 26 NO SCHOOL**



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Grades K-12



### ENTREES

### SIDES

## Monday | 29

- Assorted Cereal & Whole Grain Graham Crackers
- Assorted Muffins
- Fresh Orange
- 100% Orange Juice
- Nonfat or 1% White Milk

## Tuesday | 30

- Whole Grain Bagel w/ Cream Cheese
- Assorted Muffins
- Chilled Pineapples Tidbits
- Nonfat or 1% White Milk

### DECEMBER

## Wednesday | 1

- Turkey Sausage Biscuit Sandwich
- Assorted Muffins
-  Fresh Apple
- Nonfat or 1% White Milk

### DECEMBER

## Thursday | 2

- Zucchini Bread
- Assorted Muffins
- All-Mixed-Up Fruit Cup
- Nonfat or 1% White Milk

### DECEMBER

## Friday | 3

- Cheesy Grits/Hard Boiled Egg/Whole Grain Biscuit
- Assorted Muffins
- Applesauce
- Nonfat or 1% White Milk



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